THOMAS PRINTZ' PRIVATE BULLETIN

No. 6 May 6, 1956

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Beloved Children of God:

I would like you to contemplate very seriously the tremendous possibilities that lie within your grasp in the use of the Holy Breath. Study the instructions given you by My Beloved Kuthumi on this subject; use the exercises daily and make the benefits derived therefrom part of your own personal experience through experimentation. Put yourself to sleep on the Breath; dwell on the Breath; and I venture to say that once you have touched on the truth of the power that lies within the rhythmic use of the Holy Breath, you will never cease to use it as faithfully as you now use the food that seems to be such an important part of your daily life.

Blessings and Love,

MAHA CHOHAN

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Beloved Kuthumi's instruction on the Breath of Life given on the evening of the Transmission Flame Ceremonies at the Maha Chohan's Retreat - April 22, 1956.

Beloved Friends:

The Holy Christ Self of each man is pure, perfect and Divine. Your own individualized God Presence is pure, perfect and Divine. Your Causal

Body - the accumulated store of all the God-energy you have constructively used during the long centuries you have lived - is pure, perfect and Divine also. Therefore, when We come to unascended individuals who wish to sit at the feet of the Masters, We must deal primarily with the soul and the various sheaths which surround it, which, for the time being, are causing certain restrictions in the release of the Light from your Presence; in the release of your financial freedom; your perfect health; your eternal youth and beauty; and all those great powers of precipitation, levitation and God-Freedom you desire so earnestly and which are part of your Divine heritage.

Of course you know, at least intellectually, that there is directed from your Presence into the secret chamber of your heart a focus of Itself. This is the Immortal Three-fold Flame of God and is the intelligence by which you think; the motivating power by which you move; and is the only part of you that sustains eternally your ascended body when you are God-free.

Now, blessed ones, I would like you to think about that Flame in your hearts for a moment. In the undeveloped, it is very, very small and lives within the airless cell. In the more developed, it begins to expand, and it is the endeavor of the Great White Brotherhood, those of the Golden Robe primarily, to teach chelas and sincere students how to expand that Flame and how to utilize it for the redemption of all the energies in their vehicles.

Therefore, at the request of the Beloved Maha Chohan, it is My pleasure to offer you a group

of breathing exercises which should be of tremendous assistance in your spiritual progress if you choose to use them.

In order to intensify the power of the Immortal Three-fold Flame within your physical hearts, it is essential that you consciously breathe into this Flame - First: the Divine Pattern of your own Mighty "I AM" Presence. Second: the full-gathered Cosmic momemtum of your Causal Body; third: the Divine Nature of your Holy Christ Self.

After these breaths have increased the power of the Three-fold Flame in your heart, hold yourself centered within the Three-fold Flame of God within your heart and realize that the transmuting power of Holy Amethyst, Beloved Zadkiel, Beloved Saint Germain and all the powers of the Fires of Mercy and Compassion are within that Flame. Then, the next step is the purification of the four lower bodies.

Now consciously draw (on the incoming breath) from your emotional body all the impure substance within it into the beautiful Transmuting Flame within your heart. Hold the breath within the Flame and mentally see all that impure substance transmuted within that Sacred Fire.

Next, consciously expand (on the outgoing breath) into your emotional body all the transmuted and purified substance from that Flame. When that purified substance has filled the emotional body, your next step is to hold the breath out of the body and consciously project into the world the Ascended Master feeling from the Sacred Fire in your heart, adding to it whatever quality, virtue or activity in which you yourself might be engaged to bless life.

Do the same with the mental body, using the same rhythm, drawing all the pictures, patterns and forms of imperfection that fill that body, and all the half-truths that lurk therein, into the Heart of the Sacred Fire. As you hold the breath within the Flame, mentally see all those pictures, concepts and patterns dissolved and replaced by the Divine Pattern of your own God Presence. Now, expand the Holy Breath until it fills the entire mental body, and then project it by the power of thought into the atmosphere where those constructive pictures may be picked up by other individuals.

When you come to the etheric body, you can breathe into the sublimating Sacred Fire within your heart all the unhappy experiences, all the etheric substance that has been qualified imperfectly, and while the breath is held within the body, feel the purifying power of the Sacred Fire within your heart charging through that etheric substance and removing every record of distress that lurks therein. Then, when the Flame expands, you can charge into your etheric body all the glory and the memory of the perfection that you had in the Sun before the world was, and as you project it forth, you can charge that etheric faith and confidence into the world around you.

For physical healing, it is the most magnificent activity to consciously draw (on the in-breath) all of the substance of the body from the soles of the feet, from the top of the head, from the tips of the fingers, and from every organ and cell into the Heart of the Sacred Fire and there feel it sublimated - every bit of that energy charged with the power of your own Divine

Pattern and Plan fulfilled. Then, as you expand that Flame, feel it flow out to the extremities of your physical body on the breath, feeling them actually tingle with the quality and power of Light. Now, project it forth for the healing of your fellowmen.

It is important to remember that each of the four breaths that make up the exercise should be taken on an exact same number of counts (see chart of breathing exercises which follows this Bulletin).

Let Me again remind you, beloved ones, that within that Flame in your hearts is the sublimating power of the Violet Fire of Freedom's Love. Within that Flame is the purifying power by which the energies of your lower bodies may be transmuted and purified.

As you draw the energies from your four lower vehicles home into the heart of that Sacred Fire, I want you to feel the sublimation of those energies; then in the pressure of the expansion of the breath, charge back into the particular vehicle on which you happen to be working, the sublimated energy that has been transformed.

Let us consider the emotional body for just a moment. It is the largest of your vehicles and forms the periphery of the concentric circles that surround the physical body - the emotional body on the outside, the mental body next, then the etheric body, and the physical body in the heart center of the whole. In the emotional body there is a great deal of substance and energy that has been misqualified by passions and emotions of an imperfect nature in the past. These

tendencies, patterns, explosive qualities, depressions - we need not name them in full - but if you wish to treat yourself for emotional instability, you can do it easily on the breath, remembering always - before you start this breathing activity - to first center yourself in the Immortal Threefold Flame of God within your heart, realizing that this is the only Power that can act.

God bless you, beloved ones. I will have more to say on this subject later.

KUTHUMI

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BREATHING EXERCISES

First, it is essential that you center your consciousness in the Immortal Victorious Threefold Flame of God within your heart; then to expand that Flame using the following exercises:

Note: Each part of the exercise is done to the count of eight. Each beat of the count is indicated by ( ).

1. Direct your attention to the Beloved Presence of God - "I AM".

(a) ("I AM")(inbreathing)(the Plan)(Divine)
(Fulfilled)(from my)(Beloved)("I AM")
(b) ("I AM")(absorbing)(the Plan)(Divine)
(Fulfilled)(from my)(Beloved)("I AM")
(c) ("I AM")(expanding)(the Plan)(Divine)
(Fulfilled)(from my)(Beloved)("I AM")
(d) ("I AM")(projecting)(the Plan)(Divine)
(Fulfilled)(from my)(Beloved)("I AM")

2. Direct your attention to your Causal Body.

(a) ("I AM")(inbreathing)(the full)(accumulation)(of all)(the good)(in my Caus)(al Body)
(b) ("I AM")(absorbing)(the full)(accumulation)(of all)(the good)(in my Caus)(al Body)
(c) ("I AM")(expanding)(the full)(accumulation)(of all)(the good)(in my Caus)(al Body)
(d) ("I AM")(projecting)(the full)(accumulation)(of all)(the good)(in my Caus)(al Body)

3. Direct your attention to your Holy Christ Self.

(a) ("I AM")(inbreathing)(the Nature)(of God)(from my)(Belov)(ed Holy)(Christ Self)
(b) ("I AM")(absorbing)(the Nature)(of God)(from my)(Belov)(ed Holy)(Christ Self)
(c) ("I AM")(expanding)(the Nature)(of God)(from my)(Belov)(ed Holy)(Christ Self)
(d) ("I AM")(projecting)(the Nature)(of God)(from my)(Belov)(ed Holy)(Christ Self)

In order to increase the power, activity and quality of any specific Virtue of the Immortal Victorious Three-fold Flame of God within your heart, you can consciously invite the full-gathered momentum of any God-free Being to accelerate that particular virtue through the Immortal Victorious Flame within your heart by this exercise: We have chosen the Violet Fire of Transmutation as purification is most required by unascended beings in this hour. You can, however, use the Blue Flame of Faith of Beloved Michael; the Golden Flame of Illumination of Beloved Jophiel; the Pink Flame of Love of Beloved Chamuel; the White Flame of Purity of Beloved Gabriel; the Green Flame of Truth of Beloved Raphael; the Ruby (or Gold) Flame of Peace

of Beloved Uriel in the following exercise as well.

4. Direct your attention to Beloved Holy Amethyst.

(a) ("I AM")(inbreathing)(the Violet)(Fire)(of Transmu)(tation of)(Holy)(Amethyst)
(b) ("I AM")(absorbing)(the Violet)(Fire)(of Transmu)(tation of)(Holy)(Amethyst)
(c) ("I AM")(expanding)(the Violet)(Fire)(of Transmu)(tation of)(Holy)(Amethyst)
(d) ("I AM")(projecting)(the Violet)(Fire)(of Transmu)(tation of)(Holy)(Amethyst)

5. THE PURIFICATION OF THE FOUR LOWER BODIES

(a) ("I AM")(inbreathing)(for puri)(fication)(all the ener)(gy of)(my feel)(ing world)
(b) ("I AM")(transmuting)(by puri)(fication)(all the ener)(gy of)(my feel)(ing world)
(c) ("I AM")(expanding)(the puri)(fied energy)(and Christ)(Perfection)(into my feel)(ing world)
(d) ("I AM")(projecting)(the puri)(fied energy)(and Christ)(Perfection)(through my feel)(ing world)

6. Same as above for mental world.
7. Same as above for etheric world.
8. Same as above for physical world.

Note: On the inbreath feel the impure substance drawn into the purified essence of the Sacred Fire.
On the breath held within the body feel the impure substance transmuted by the Sacred Fire.

On the outgoing breath, feel the purified substance return to nourish the body you are treating.
On the breath held out of the body, feel the purified substance of the body you are treating projected into the outside world for the blessing of all mankind.

Further elaboration upon this subject may be found in the BRIDGE TO FREEDOM - July, 1956 - Volume V - No. 4.

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THOMAS PRINTZ' PRIVATE BULLETIN

No. 7 May 13, 1956

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Beloved Children of My Heart:

Perhaps it has not occurred to your outer minds that the services of those of the Ascended Host who have voluntarily dedicated Their free energies to the spiritual welfare of the race are strenuous in the extreme. For instance, long after you have completed your 'calls' and gone about your daily affairs, the members of the Hierarchy assigned to the fulfillment of your supplications are using Their dynamic energies in the accomplishment of the requested desires, limited as Their endeavors may be by individual or mass karma.

Likewise, when a Brother or Sister from the Higher Octaves is given an assignment to address a group of unascended beings, He or She puts time, energy and application into the preparation of a Discourse. These addresses given by the Masters, beloved ones, are not, by any manner of means, impromptu talks rendered on the spur of the moment; rather are they the result of deep thought and study on the part of the Master of the immediate requirement of those to whom His rendition is directed.

The Beloved Kuthumi, for example, took advantage of the opportunity afforded Him to speak to the multitude in His report on the Transmission Flame Ceremonies held recently in My Retreat at Ceylon to incorporate into His address three separate and distinct subjects all related